#### **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





# 3 market lists for low-cost meals

IBRARY RECEIVED \* NOV 3 1942 A U.S. Day atment of " cucuture

Slightly revised October 1942

For sale by the Superintendent of Documents Washington, D. C. Price \$1.25 per hundred

BUREAU OF HOME ECONOMICS

UNITED STATES DEPARTMENT OF AGRICULTURE

#### HOW TO USE THESE LI

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")

### Market list A for low-c

	KINDS ANI									
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	I,					
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years Girls:	Qt. 7 51/2 5 5 6	Lb. oz. 0-8 1-8 2-8 3-0 3-8	Lb. oz.  0— 2 0— 4 0— 6	Lb. oz. 2—0 1—8 1—8 1—8 1—8 1—8						
13–15 years	6 6	4—0 3—8	0— 8 0— 8	1—8 1—8						
Moderately active	$ \begin{array}{c} 4\frac{1}{2} \\ 4\frac{1}{2} \\ 4\frac{1}{2} \\ 7\frac{1}{2} \\ 10\frac{1}{2} \end{array} $	4—0 5—0 4—0 3—0 5—0	0— 8 0—12 0— 4 0— 6 0— 4	1—8 1—8 1—8 2—0 3—8						
Boys: 13–15 years	$\frac{61/2}{6}$	5—8 7—0	0— 8 0—12	2—0 2—0						
Moderately active Very active Sedentary	$4\frac{1}{2}$ $4\frac{1}{2}$ $4\frac{1}{2}$	5—0 7—8 4—0	0—12 1— 0 0— 8	1—8 1—8 1—8						
Тотац										

E 08

 $<sup>^1</sup>$ Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Che and  $1\frac{1}{2}$  ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of flui

#### TO USE THESE LISTS:

Potatoes,

sweetpotatoes

0 - 8

2-8

3-8

4-0

Market list A for low-cost meals

Dry beans,

peas, and

nuts

Lb. oz.

0-2

0-4

0 - 6

0-8

0 - 12

0 - 4

0--- 6

Tomatoes,

citrus fruit

1---8

1---8

1-8

2-0

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")

Milk

101/2

Now, beside each name you write down, fill in the quantities of foods whielt the table recommends for a person of that sex, age, and activity. (Susan, again, would need 6 quarts of milk on the low-cost plan A.)

Flour,

cereals 5

2- 0

2-12

2 - 12

2 - 12

8-4

Lb.

- When all the quantities are filled in, add up each column.
- There you have your family's marketing list for a week.

poultry, fish 4

0-

0-4

0 - 6

0 - 12

2 - 0

1-- 8

1-12

1-- 8

1-12

Eggs

KINDS AND QUANTITIES OF FOOD FOR A WEEK

vegetables 2

1-8

1-12

2 - 0

2-8

2 - 4

2 - 0

3-0-

Other

vegetables

and fruit

1--8

1-8

2-0

2-0

2-0

3--0

2-0

#### REMEMBER

Sugars,

sirups,

preserves

Lb. oz.

0-3

0-8

0 - 10

0 - 12

0 - 12

0-11

0-12

1-0

1-4

1--12

1-0

Fats and

oils 6

0 - 1

0 - 4

0 - 6

0 - 12

0 - 14

0 - 12

0 - 13

1- 0

0 - 12

0 - 12

0 - 15

1-- 5

1- 6

0 - 13

1 pound = 16 ounces • 1 pint = 16 ounces • 1 quart = 2 pints • 1 pint = 2 cups

For a family planning to produce the whole amount of any one or more of various kinds of food needed throughout the year: Multiply the quantities that the family needs for a week hy 52. Then add something extra (from one-fourth to one-half) for guests and for a margin of safety.

How much it will cost to follow any diet plan depends on four things family size, the general level of food prices, the food choice made within various food groups, and the skill and thrift of the person who buys the food and prepares it.

For a family that must buy all of its food: To follow any one of the three low-cost diet plans would probably cost (at June 1942 food price levels)—

> From \$6 to \$7 for a family of two. From \$9 to \$11 for a family of four. From \$15 to \$18 for a family of seven.

Families producing a considerable share of their food at home usually can have more liberal diets than these plans suggest.

## Market list B for low-cost meals

	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Ment, poultry, fight	Flour, cercula <sup>8</sup>	Fate and oils <sup>6</sup>	Sugars, sirups, preserves
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years 3-15 years 16-20 years Women: Moderately active Very active Sedentary Pregnant Nursing Boys: 13-15 years 16-20 years 16-20 years 4en: Moderately active Very active Sedentary	Qt. 7 5 5 5 5 5 5 5 6 41/2 41/2 7 9 5 6 41/2 41/2 41/2	2-0 2-0 2-0 2-0 2-0 2-0 2-0 2-0 2-0 2-0	0- 2 0- 4 0- 6 0- 8 0- 6 0- 8 0- 12 0- 4 0- 4 0- 3 0- 12 1- 0 0- 8	Lb. oz. 2-0 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8	Lb. oz. 1—8 1—8 2—0 2—8 3—0 3—8 4—0 3—8 4—0 4—0 4—0 3—8 4—0 3—8	Lb. oz. 0-8 1-0 1-3 2-0 2-8 2-8 3-0 3-0 3-0 3-8 4-0 3-0 3-0 3-0 3-0 3-0 3-0 3-0 3-0 3-0 3	No. 5 5 5 5 4 4 4 4 3 3 3 4 4 4 4 3 3 3 3 3	Lb. oz. 0 - 2 0 - 4 0 - 6 0 - 12 1 - 8 1 -	Lb. oz. 0— 8 1— 8 2— 4 2— 8 4— 0  4— 8 3— 4 3— 8 5— 0 2—12 3— 0 3— 8 5— 8 6— 8	Lb.   oz.     0 - 1     0 - 5     0 - 6     0   12     0 - 13     0 - 14     0 - 14     0 - 14     0 - 15     1 - 2   1 - 5     0 - 14     1 - 6     0 - 14     0 - 14       1 - 6     0 - 14     1 - 6     0 - 14       1 - 6     0 - 14	Lb. oz. 0-1
Total				½ pounds of b					bacon and salt	at la	1

Exclude bacon and salt side

Children:

7-9 years.

Very active.

Sedentary.

Pregnant

Moderately active....

FAMILY MEMBERS

Women:

13-15 years 2-8 2-0 0-12 7-0 2 - 40 - 12

Moderately active..... 2 - 81--8  $4\frac{1}{2}$   $4\frac{1}{2}$ 7-8 1-0 Very active..... 0-8 Sedentary.....

Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of Lutter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of fluid whole milk.

Sucii as green cabbage, kale, snap beans, carrots.

whole-grain or enriched products.

New diet guides announced at the 1941 National Nutrition Conference for Defense show our needs for calories, protein, minerals, and vitamins. Meals providing them can be prepared from many different assortments of food. Plan A includes more potatoes, dairy products, and somewhat more meat than either plan B or plan C. Plan B includes more grain products and leafy, green, and yellow vegetables than plans A or C. Plan C includes more dry beans, fat, and eggs than plans A or B. Which of these three low-cost diet plans a family chooses to follow will depend on the kinds of foods preferred.

### Market list C for low-cc

	KINDS ANI									
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	I,					
Children: 9-12 months	Qt. 7 5 41/2 41/2 41/2 41/2 31/2 31/2 31/2 31/2 31/2 31/2 31/2 3	Lb. oz. 0— 8 0—12 0—12 1— 0 1— 2 1— 4 1— 4 1— 8 1— 4 1— 0 1— 8 1—12 2— 4 1— 4 1— 10 1— 8 1— 14 1— 10 1	Lb. oz.  0-4 0-8 0-12  1-0 1-0 1-8 0-10 0-12 0-10 1-8 1-0 1-0 1-8 2-0 1-0	Lb. oz. 2-0 1-8 1-8 1-8 1-8 1-8 1-8 2-0 3-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1						
Total										

 $<sup>^1</sup>$  Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and  $1\frac{1}{2}$  ounces of butter, or  $3\frac{1}{2}$  ounces of dry ekim milk and  $1\frac{1}{2}$  ounces of butter, or 17 ounces of evaporated

milk are about equivalent to <sup>2</sup> Such as green cabbage, kal

<sup>&</sup>lt;sup>3</sup> Such as apples, bananas, post Exclude bacon and salt sid

New diet guides announced at the 1941 National Nutrition Conference for Defense show our needs for calories, protein, minerals, and vitamins. Meals providing them can be prepared from many different assortments of food. Plan A includes more potatoes, dairy products, and somewhat more meat than either plan B or plan C. Plan B includes more grain products and leafy. green, and yellow vegetables than plans A or C. Plan C includes more dry heans, fat, and eggs than plans A or B. Which of these three low-cost diet plans a family chooses to follow will depend on the kinds of foods preferred.

Whether a family will choose to follow a low-cost or a more expensive type of diet will depend upon income, how many persons the income must support, and the importance that the family attaches to food. Those who can afford to spend more for their meals than low-cost diets require probably will wish to follow moderate-cost or liberal diet plans. These provide more variety and flavor as well as somewhat higher nutritive value. Guides for such diets may be obtained by writing to the Bureau of Home Economics, United States Department of Agriculture, Washington, D. C.

# Market list C for low-cost meals

	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish <sup>†</sup>	Flour, cereals <sup>5</sup>	Fats and oils <sup>6</sup>	Sugara, sirupa, preserves
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years Girls: 13-15 years 16-20 years Women: Moderately active Very active Sedentary Pregnant Nursing Boys: 13-15 years 16-20 years Men: Moderately active Very active Sedentary Sedentary Sedentary	$ \begin{array}{c} 0i.\\ 7\\ 5\\ 4\frac{1}{2}\\ 4\frac{1}{2}\\ 4\frac{1}{2}\\ 4\frac{1}{2}\\ 5\\ 5\\ 5\\ 5\\ 5\\ 5\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\ 6\\$		1— 0			Lb.       oz.         0-8       1-8         2-12       2-12         3-4       3-4         3-4       3-4         3-4       3-4         5-4       4-4         4-4       4-4         3-4       3-4         3-4       3-4         3-4       3-4         3-4       3-4		Lb. oz. 0-2 0-3 0-4 0-10 1-4 1-6 1-6 1-6 1-6 1-6 1-6 1-6 1-6 1-4 1-4 1-4 1-4 1-4 1-4 1-4 1-4 1-4 1-4			Lb.       0z.         0       1         0       3         0       6         0       8         0       10         0       12         1       0         0       10         0       12         1       0         1       0         1       0         1       6         0       12
Total											

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and  $1\frac{1}{2}$  ownces of butter, or  $3\frac{1}{2}$  ownces of dry skim milk and  $1\frac{1}{2}$  ownces of butter, or 17 ownces of evaporated

milk are about equivalent to I quart of fluid whole milk.

<sup>&</sup>lt;sup>2</sup> Such as green cabbage, kale, snap beans, carrots.

<sup>&</sup>lt;sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery.

<sup>4</sup> Exclude bacon and salt side.

<sup>&</sup>lt;sup>5</sup> Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

<sup>6</sup> Include bacon and salt side.

U. S. GOVERNMENT PRINTING OFFICE 16-26791-2

•			